

# HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

November 2016

Vol. VI Issue XI


**"We Know Health Matters",**  
CHD's show on Citicable,  
Time Warner Ch. 23.


## Playback Times


Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

If you have anything you would like to share in the newsletter please send information to Marla Fuller at [marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health Department

 Cincinnati Health Department

 @CinciHealthDept

 @Cincinnati\_HealthDept

## Heroin use cuts across racial, age and gender biases

Over the past 15 years, the rate of opioid pain reliever (OPR) use in the United States has soared. From 1999 to 2011, consumption of hydrocodone more than doubled and consumption of oxycodone increased by nearly 500%. During the same time frame, the OPR-related overdose death rate nearly quadrupled. According to the United States Centers for Disease Control and Prevention (CDC), the unprecedented increase in OPR consumption has led to the "worst drug overdose epidemic in U. S. history." Given the magnitude of the problem, in 2014, the CDC added opioid overdose prevention to its list of top five public health challenges. An estimated 2.1 million Americans are addicted to OPRs, and 467,000 are addicted to heroin.

Cincinnati and other regions of the country have been hit hard by heroin and opiate use. No one agency has the solution to the disease of addiction. The collaborative approach of the Hamilton County Heroin Coalition and the Northern Kentucky Heroin Impact Response Taskforce brings together the expertise of public health, hospitals, law enforcement, substance abuse treatment providers, government officials, family members and others. Instead of one strong voice from public health, our region has dozens of advocates.

Interim City of Cincinnati Health Commissioner Dr. Marilyn Crumpton adds, "We are involved with these groups as part of a coalition of medical and community professionals who are meeting regularly to create and execute on a regional community-wide plan to deal effectively with this national crisis."

In the federal government's National Survey on Drug Use and Health (NSDUH), four out of five current heroin users report that their opioid use began with OPRs. In a recent sample of opioid-addicted individuals who switched from OPRs to heroin, 94% reported doing so because OPRs "were far more expensive and harder to obtain."

Over the past decade, federal and state policy makers have attempted to reduce OPR abuse and OPR-related overdose deaths. Despite these efforts, deaths have continued to worsen in almost every state.

"As a partner in Greater Cincinnati's response to the Heroin Crisis, the Cincinnati Health Department work will be centered in our public health goals: preventing disease, promoting health and protecting against health threats," says Dr. Crumpton.

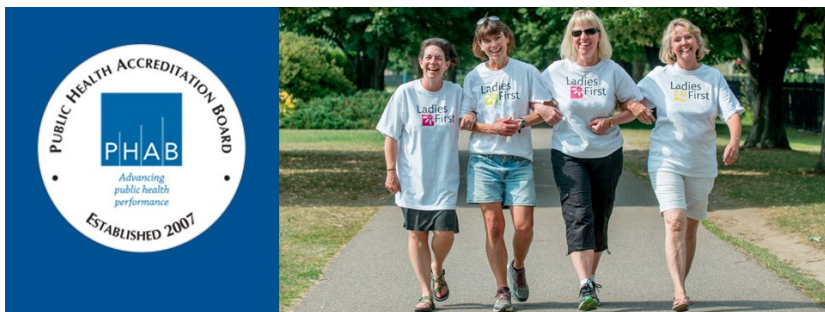
Efforts to identify and treat opioid-addicted individuals early in the course of the disease are likely to reduce the risk of overdose and medical complications. Prevention strategies include expanding access to Naloxone, an opioid overdose antidote, and training on its use which helps prevent overdose deaths.



## Commissioner's Corner

CHD is working to achieve national accreditation status from the Public Health Accreditation Board (PHAB), a nonprofit organization dedicated to improving and protecting the health of the public by advancing and ultimately transforming the quality and performance of state, local, tribal, and territorial public health departments.

Accreditation by PHAB signifies that a health department is meeting national standards for ensuring that essential public health services are provided in the community. It is a voluntary program to protect and improve the health of the public by advancing the quality and performance of all public health departments in the country. The Public Health Accreditation Board is a nonprofit organization dedicated to improving and protecting the health of the public by advancing and ultimately transforming the quality and performance of state, local, tribal, and territorial public health departments. CHD is working fervently to achieve Accreditation by the end of 2017.



## Community Events

**November 12, 10:00 a.m.—1:00 p.m.**

Boot Camp for New Dads, Featuring Dr. Ian Smith UC Medical Center. For information call 513-585-9879

**November 18, 11:30 a.m.—1:00 p.m.**

Brown Bag Lunch Session, *Beyond the Hospital, Going Home With Baby*, discusses how we maintain care for mothers, infants, and families at home. Register for this session at <http://tinyurl.com/zucsq9x>

## November Is American Diabetes Month

National Diabetes Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans. Diabetes is one of the leading causes of disability and death in the United States.

This year, the National Diabetes Education Program's theme is: Managing Diabetes – It's Not Easy, But It's Worth It. This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation.

According to the American Diabetes Association, 29.1 million Americans have Diabetes. This means that one in 11 Americans have diabetes. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

## CHD Encourages Food Safety Tips for a Healthy Holiday

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Bacteria from raw poultry can contaminate anything that it touches. Thoroughly wash hands, utensils and work surfaces often to prevent the spread of bacteria. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces.

While frozen, a turkey is safe indefinitely. However, as soon as it begins to thaw, any bacteria that may have been present before freezing can begin to grow again.

A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature can creep into the danger zone between 40°F and 140°F, where bacteria can grow rapidly. Even though the center of the package may still be frozen, the outer layer of the food is in the "Danger Zone" between 40 and 140 °F — at a temperature where foodborne bacteria multiply rapidly.

Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.





## First Ladies for Health Initiative 2016 is a Big Success

The First Ladies for Health Initiative inspired the First Ladies of several local churches to leverage their considerable influence to empower their congregations and community to make smart decisions regarding their health. The first event was held on October 11, 2015 with the participation of 18 churches from across the city that hosted a health fair and free health screenings for thousands of community members. In 2016, this initiative expanded to include over 22 host churches with an anticipated screening rate doubled from 2015.

“We think this year we were able to reach more people than last. To God be the glory!,” stated First Lady Barbara Lynch. “I spoke with several people who discovered that they were either at risk or had hypertension or diabetes and they all received information that they needed. The comments we received were so encouraging and thankful. We think we’re on the right track,” she continued. “The First Ladies For Health has another successful year providing our community with screenings and resources to help them take charge of their health. It was a great day in our community.” added, First Lady, Dena Cranley.

The Connecting Healthy Communities Coalition will help create policy, systems, and environmental changes at churches who experience high rates of chronic disease in order to make healthy living easy living. CHCC members who participated in the event include Kelly Lyle (UC Health - Service Provider Coordination), Julian Collins (American Lung Association - Lung Assessments), Stacy Wright-Barleston (Sisters of the Heart Network - Healthy Heart Education), Kiana Trabue (YMCA - Blood Glucose Testing), Michelle Daniels (Cincinnati Health Department - Nursing follow-up table), Angela Mullins (Cincinnati Health Department - Nursing follow-up table), Marla Fuller (Cincinnati Health Department - Communications), Dr. Jenny Mooney (Cincinnati Health Department - Infant Vitality), Christa Hyson (Cincinnati Health Department - Communications), Dr. Camille Jones (Cincinnati Health Department - Health Surveys), and Denisha Porter (Cincinnati Health Department - CHD Coordination).

## Great American Smokeout

The American Cancer Society (ACS) states tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet 42 million people still smoke cigarettes. Every November the ACS sets aside the third Thursday of the month in an effort to reduce cases of preventable cancers, reduce secondhand smoke and improve the health of all Americans. The event encourages smokers to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever. Smoking is a habit that involves consumption of tobacco smoke, which has been shown to cause a variety of cancers, most notably lung and mouth cancer. Lung cancer is currently the leading cause of Cancer death in the United States.

According to the Center for Disease Control:

- Smoking is responsible for 1 in 3 cancer-related deaths, and 1 in 5 deaths from any cause. Worldwide, tobacco use causes more than 5 million deaths per year.
- Life expectancy for smokers is 10 years less than that of non-smokers.
- Middle-aged man who smokes, triples his risk of dying from some type of heart disease.



## CHD Welcomes New Board of Health Members

Welcome to our two newest Board of Health members, Dr. Christopher Lewis and Mr. Ronald Robinson. Dr. Lewis is family physician for UC Health and an Associate Professor of Family Medicine and Assistant Dean in the Office of Diversity and Inclusion at the University of Cincinnati College of Medicine. He holds a bachelor's degree in Biology from Harvard University and returned to Cincinnati to attend the University of Cincinnati College of Medicine. Dr. Lewis will serve a three year term which will expire September 21, 2019.



Mr. Ronald Robinson serves as a contracted Compliance Rating Analyst and a Health Plan Advisor. He received a Bachelor of Science in Business Administration from Georgetown University and a Master of Health and Hospital Administration from Xavier University. Mr. Robinson will serve a three year term which expires on September 21, 2019.

## Ah-choo! It's flu and cold season

One of your best 'stay healthy' efforts is to wash your hands thoroughly and frequently during cold and flu season. Wash your hands for at least 20 seconds and pay special attention to your finger tips and under your finger nails where most germs hide. According to the Centers for Disease Control and Prevention, you can use a sanitizer for backup making sure you rub your hands together until all of the sanitizer is absorbed.



In your home and office, use sanitizing wipes to go over areas you frequently touch at least once a week like computer keyboards, cell phones, remote controls, door knobs, bathroom faucets and toilet handles.

Be careful when eating holiday treats. Wash your hands before indulging in that plate of cookies or open candies. It's safer to take pre-wrapped or individually cut pieces of holiday foods. Wipe off the outside of bottles or container often (like the coffeepot) that are touched by several hands.

These precautions can reduce the transmission of germs from one person to others.

## Stay healthy and warm indoors

You can reduce the chances of illness by keeping a healthy home this winter. Take these precautions to promote a healthy living space this fall and winter.

**Change Your Air Filters—** Make it a priority to change or clean your filters regularly during the winter months. If your air filter gets clogged, it reduces the efficiency of your HVAC system and allows dust and dirt into the air that circulates throughout your home.

**Indoor Air Quality—** In the winter, indoor air can be as much as 100 times more polluted than outside air. Being indoors more during the winter months makes it easier to pass on viruses and bacteria. Poor indoor air quality can aggravate allergies, trigger asthma attacks, and give you and your family flu-like symptoms. Head outside or open the windows when the weather is mild, to 'air out' your home. If you are concerned about the quality of the air in your home, or if there are persons with serious illnesses, consider indoor air quality products.

**Emergency Kits—** Assemble an emergency kit for your home in case of a weather-related power outage. Your kit should include heavy blankets, candles, water, first-aid supplies and non-perishable food items.

**Keeping Your Home Clean—** Since your family is going to be indoors more often, keep your home as clean and free from dust, pet dander and bacteria as possible. Germs can spread quickly throughout your home with the increased risk for colds and the flu. Keep viruses and germs at bay by wiping off door handle and light switches frequently. Encourage family members with colds or sniffles to discard used tissues immediately. Wipe kitchen surfaces, especially refrigerator doors and faucet handles often. Examine any damp or wet areas in your home and dry them out/waterproof them to eliminate mold growth.

**Install a Carbon Monoxide Detector—** Carbon monoxide (CO) poisoning is very common during the colder months. If you have an automatic car starter, open the garage door before you start your car. Be sure to turn off the car motor, if you go back inside because accidents happen, and you may get distracted and forget it is running. Carbon monoxide can linger in the air long after you've left home. Have your furnace checked this winter to make sure there are no risks for carbon monoxide poisoning. Consider installing carbon monoxide detectors and check smoke alarms in your home.

